

macdonald **FARM**
journal



- ★ **Recreation Is A Cash Crop**
 - ★ **Free Stall Housing**
 - ★ **Expo Agricultural Pavilion**
- October, 1965**

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OUR COVER: Bird dogs being trained at the Silver Heights Shooting Preserve St. Andrews East, Quebec. Marginal land on this farm is being profitably used for recreation. For the story, see page 6.



INSIDE

THE EDITOR'S COLUMN

The Cost Squeeze

"Costs increase; the market price goes down; how's a fellow supposed to make a living on the farm today," — we often hear statements to this effect. Is it a case of the survival of the fittest, or the survival of the efficient?

Competition is keen. Each farmer is competing with his neighbour the same as one supermarket competes with the next. Who will stay in business? It's been shown before and is evident today; those whose costs are the lowest will have the best chance of survival. It's not good enough to say we need \$4.00 per hundred for milk or even \$5.00; every producer of a commodity must ask himself — are my production costs low, is my volume large enough to expect to make a living? We must look at cost of production as well as at selling prices.

There is no easy way around this "Cost Squeeze" situation. Many are and will adjust their operations so that they will stay in business. It's easier to cut costs than it is to change the selling price and less dangerous. In most cases producers do not know their true cost of production; the cost will be different in every case. Who's costs are representative of the industry? What should the selling price be; it will generally be the same for everyone. Every producer does well to ask himself — what is my real cost of producing product A, or B, or C? If there isn't enough profit when costs have been cut to the bone, it's time to produce an alternate product where there is some profit.

We have an efficient agriculture in Canada; the efficiency has increased but there is still room for improvement. Efficiency will increase when we are better managers and more capable of combining our natural resources and other resources to produce the desired product at the least cost to the consumer.

In many cases the answer to this problem is not a higher selling price. We must remember that the higher the selling price the less we will sell. We should never price ourselves out of the market — there are substitutes and if there aren't, someone will soon find one.

We must strive to have satisfactory markets for our farm products. These markets must be orderly and dependable. We must work towards producing top quality agricultural products at the least cost and get them to the right market at the right time.

Agriculture is not the only business that is caught in the "cost squeeze"; industry is in the same boat. The small inefficient producers are forced out, the larger more efficient producers remain. The corner grocer has been replaced by the supermarket; the local milk man by the large dairies; many small businesses have been closed.

Farming techniques in this 20th century are changing rapidly. Newer and better methods of production are available. Those who adjust to the changing agricultural scene will survive. The "cost squeeze" will continue. The remedy will not be a higher selling price. We must be more efficient producers and give the consumers a better product at the lowest cost. When production costs are low, the "cost squeeze" will be less painful.

Galen Driver

Free Stall Housing For Dairy Cattle

by John R. Ogilvie.

Can free stall housing answer all the needs of the dairy farmer and the milk cow?



One type of new free stall housing in New York State. Some buildings are closed, insulated and ventilated.

A NEW SYSTEM of housing dairy cattle is appearing on the horizon. A number of Quebec farmers have already converted their existing barns or built new buildings to use the system. Free stall housing, or cubicle housing as the English call it, began "officially" some years ago in the State of Washington. It has converted farmers of many faiths, among them the loose housers and the stanchion stablers. In the beginning loose housing buildings and some stanchion stables were converted to free stalls. Now most of the free stalls going in are the result of new construction.

There have not been any published research studies on the free stall system. It just grew like "Topsy". Farm building and livestock housing research costs a lot of money and so very little is done. Most of the advances or changes in the system have been due to farmers' experiences. The most recent

change has been to enclose the free stall areas and try to keep the cow lying and feeding area warm.

Each cow in a milking herd is very much an individual. She likes to spend some time "necking" with her neighbours but she also likes to lie down by herself and not be disturbed. If she is going to produce the most milk she must be allowed to eat all she can of forage and the right amount of grain to supplement.

A farmer on the other hand needs to reduce his labour costs and group handling of livestock becomes a necessity. Materials handling is a large user of labour and must be mechanized.

Bedding in the form of straw is becoming scarce.

Free stall housing certainly gives a good marriage of these different objectives. However, like all marriages there are a few rough spots to get over. Problem: less bedding needed results in manure in liquid form.

Solution: Handle the manure in tanks or tankers or dual purpose spreaders.

Problem: closing the free stall area results in high humidities and water condensing on the roofing.

Solution: Insulate all walls and ceiling and ventilate well.

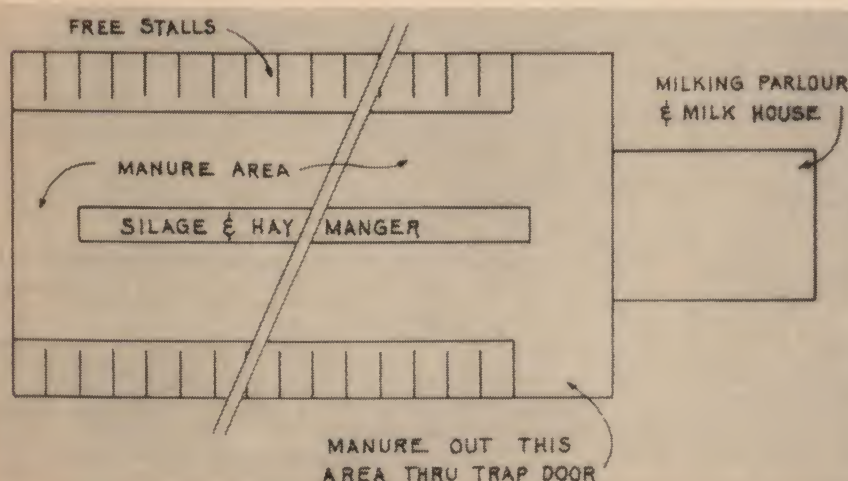
Here are the areas found in a free stall arrangement.

STALL AREA: Individual spaces 4 feet wide by 7 feet long per cow. A 9 inch concrete curb is used at the rear to retain bedding and there is no concrete under the lying area. Filled with shavings, sawdust or straw these spaces are the resting beds for the cows. They should be well lighted artificially and well ventilated.

FEED AREA: A place to eat hay and silage and perhaps some grain. Usually 1-2 lineal feet of feed bunk for each cow. The smaller space for continuous supply of feed. The bunk should have two sides for efficiency but hay may be fed in a separate rack.

MILKING AREA: Usually a milking

(Continued on page 12)



Recreation Is Their Cash Crop

It has been predicted that in the years ahead an increasingly large part of a Canadian's income will be spent on the pursuit of leisure. In catering to this growing demand, the four partners of Silver Heights Shooting Preserve at St. Andrews in Quebec have found a profitable side-line to dairy farming.

by Walker Riley

IF YOU WERE asked to make a list of all farm livestock, it is not likely that you would think to include pheasants, quail and bird dogs. Nor would you put down recreation as a crop, or hospitality as a saleable item. Nor, probably, would you guess that a rough pasture could be the most productive field on a farm. Yet such are facts at Silver Heights Farm; these are the resources that have been brought together to return more in gross revenue than the farm's good herd of Holstein cows.

A Shooting Preserve, in fact, is an unusual side line for a dairy farm. This is one of the very few in Canada, although in the United States 1800 or more are in operation. The Shooting Preserve at Silver Heights is still less than seven years old, but its growth has been remarkably rapid. This year, 5000 pheasants were raised; no room is left in the new kennels built only last year and it is a rare autumn afternoon that the yard isn't filled with cars.

Reasons for the success are not hard to find. In the first place, the location is ideal. Although less than an hour north-west of Montreal, the last mile's drive along a wooded gravel road into a secluded valley gives one the feeling of splendid isolation. While most of the farm's 240 acres is excellent cropland, the 100 acres of rough pasture now set aside for hunting climbs to the height of land to command a magnificent view westward across the valley, across the Ottawa River and the Lake of Two Mountains to the hills of Rigaud beyond.

Secondly, shooting preserves every-

where are gaining in popularity. As the country's population grows, each year finds it more difficult for a city dweller to reach open hunting country. Shooting preserves thus offer a reasonable alternative, and perhaps a few advantages as well.

But not least in the success of Silver Heights Shooting Preserve are the personalities and enthusiasm of the four partners, Clifford and Steven Blair, and George and Leonard Bailie. They enjoy people and they enjoy hunting.

And anyone who knows dogs is an instant friend. The entire atmosphere is one of comfortable and informal hospitality.

Their partnership was legally registered last year. Cliff and Steve supply the land and buildings, and raise the birds. George and Len take all the responsibility for the dogs, for their breeding, training, boarding and for their competition in Field Trials across the continent. During the busy season, all do their share of guiding and when



Patches of corn, millet and sorghum have been planted to provide cover for the quail and pheasants. Training and exhibiting bird dogs is a full-time occupation for George Baillie, one of the four partners.

FARMS IN PROFILE

there are birds to be dressed or new pens to be build, everyone pitches in. Then, too, there is Brian, George's 14-year-old son. And what boy wouldn't envy him his summer job, spending every day on horseback training and exercising the dogs?

We had met Steve and Cliff Blair before; always, it seemed, it was in or around the judging ring at the fairs. But it was not until late last summer that we had the pleasure of spending a day at Silver Heights. We enjoyed the friendly hospitality of the clubhouse for a few moments and then Steve showed us around.

Most of the buildings, he explained, had been converted from old ones. There was the clubhouse itself for example, which had been the dairy before the new one was built. You would never know it now, a comfortable lounge finished in natural pine with trophy cabinets and display cases for hunting clothes, guns and leather goods hand-made by the local saddlemaker. And there is a kitchenette where guests can make their own hot lunches. Steve showed us the pheasant pens in the old sheep barn, the incubators, and the gas-fired brooders where the young birds were started off at 117 degrees late last May. "Our losses are always heavy in the early stages," Steve told us. "Pheasants are not easy to raise. They are stupid, just plain stupid. Even the older birds will pile up and smother if the heat drops a few degrees. And if you don't show each one where the water is they will never find it. We lost 1100 this year before we got them out into the flight pens at eight weeks. Pheasants are fully mature at twelve weeks," he said. "We don't want them too much older when the season opens. The feed bill would run away without any profit. Last year we spent \$5000 on feed."

We asked Steve if they ever sold live birds. "Yes," he replied. "150 went out this morning at \$4.00 each to a chap who wants to stock an island. Pheasants won't fly any distance over water, you know. It's like a fence to them. We charge 45¢ each for our day-olds. And we sell birds dressed, too, especially at Christmas. A brace of birds in a box, along with a bottle of wine and decorated with pine boughs makes a very attractive gift. Then we sell season memberships here for \$100. That guarantees a man or his guests 25 birds. Any pheasant he doesn't shoot by December 15, we will dress for him, and store in our deep-freeze until he wants it." He explained further, "most of our birds are taken by daily shooters. We charge \$5.00 for each bird you shoot. That includes the use of our dogs in charge of a guide.

If you want us to dress your birds, we will do that too, for 50¢, and you are welcome to store them in our freezer."

Steve showed us the difference between their two breeds of quail in the 150-foot long flight pens, the Bobwhite and the much smaller Japanese Coturnix. "They are popular for dog-training," Steve told us, "but we had bad luck with our Bobwhites this year. Lost most of them almost overnight with a form of enteritis. These replacements we brought in from Louisiana."

Steve left the kennels for George Baillie to show us. He told us, "the bird dogs are his speciality; he is a real enthusiast. In fact, as far as we know, he is the only full-time professional trainer of bird dogs in Canada. And he really knows his job. He competes in every trial he can get to, and our dogs are showing up well. In the States, Field Trials are really major events. Purses can go as high as \$2500.

At that point George, lean, wiry and brown from long days tramping the fields, joined us again. "We charge \$60 a month to train a dog," he explained, "and it takes about three months to 'start' a good pointer. Some take more time, some less, some never do catch on. It's heartbreaking to have to tell a man his dog is no good, but it happens. Most of our dogs are one of three breeds — English Setters, English Pointers or German Shorthairs. One dog in our kennels now cost his owner \$900 as a puppy. If a man wants to board his dog here, and train it himself, we charge him \$30 a month."

We didn't have time to try the skeet range. It is a popular spot to practice shooting with clay pigeons. The charge is \$3.50 for a round of 25 "birds" and shells.

Hunting in the field was a new experience for us. Every effort had been made to duplicate wild conditions. As we tramped up over the hill, we pretended not to notice that Brian had released half a dozen birds ahead of us, or that corn planted as cover for the birds doesn't usually grow in half-acre blocks here and there in a rough pasture. We learned, too, that one of the reasons for the popularity of the Ringneck pheasant is that it reverts to the wild as soon as released. It was remarkable to watch the discipline of those dogs, how they have learned to range near or far on command, to honour another dog's "point", and not to "bump" birds.

George pointed out the 50-foot tower. "After the end of the normal



Well-trained bird dogs will not move from a "point" until commanded. A quail is hiding motionless in the grass here. Birds are released from the tower in the background during winter circle shoots. Below, boarding and training dogs for customers is an integral part of the business at Silver Heights Shooting Preserve. From left are Clifford Blair, 14-year-old Brian Baillie, George Baillie, Steve Blair.



season," he told us, "we have circle shoots, and we release birds from that tower. We can handle up to twelve guns in a party that way, but four is enough for safety and pleasure in a field shoot."

Later, we had a chance to ask George's brother Len, who is at the Preserve only on week-ends, about the legal position of shooting preserves. "In Quebec, because they are new here, there is no ruling whether pheasants raised in captivity are domestic

(Continued on page 12)

Plans For Expo Agricultural Pavilion.

The agricultural exhibit at the 1967 World Exhibition, telling the story of world agriculture from ancient times to automation, will be a 3.5 million dollars plus presentation on a site of more than seven acres.

UNDER THE THEME, "Man the Provider", the exhibit will dramatize the story of agriculture in historical context, illustrating how man is coping with the twin problems of food and the population explosion.

An intensive campaign for sponsorship of the pavilion has been started by Expo, and it is expected that the pavilion will be fully supported by firms engaged in the agricultural industry. Dr. J. H. Hare, prominent in the agricultural business field, has been appointed special consultant in charge of sponsorship sales.

Mitchell Sharp, Canada's Minister of Trade and Commerce, expressed confidence that the agricultural industry will be adequately represented at Expo 67.

"It will be an excellent opportunity for Canadian companies to show their contribution to agriculture," Mr. Sharp said. "Since the pavilion will tell the story of world agriculture, it is imperative that Canada's status in this vital industry be explained, not only to Canadians but to the thousands of foreign guests who will view the exhibition."

Sponsorship of the exhibit units will be sold at a fixed amount, with a guarantee against added costs to the sponsor. If industrial response is great enough, the pavilion could be extended to as much as a \$5.5 million project.

Dr. Cyril H. Goulden, former assistant deputy minister in charge of research, Canada Department of Agriculture, and a distinguished agricultural scientist, is the project officer for the "Man the Provider" pavilion.

"It will present a concept of agriculture entirely different from the usual agricultural fair," says Dr. Goulden.

The agricultural pavilion will be one of the largest single exhibit areas at Expo 67 and one of the most extensive explanations ever attempted to explain the problems and potential of world agriculture.

During June 1965, work began on

transferring the storyline into actual exhibits. The schedule calls for exhibit drawings to be completed by November 1, 1965. By January, 1966, tenders will be let for the construction of the individual exhibits units. Earthwork on the more than seven-acre site will be finished by the end of 1965. The planting of trees and seeding will be finished in the spring of 1966.

A unique architectural approach is planned for the exhibit unit buildings. They will be moulded from earth forms creating lines, planes and slopes pointing to the Sun Acre.

The building concept is novel and exciting," says Dr. Goulden. "It is both ancient and modern or perhaps it is more to the point to describe it as timeless."

The Sun Acre is a circular acre of land supporting plants and animals. It will have a brilliantly illuminated symbolic source of energy and will be the focal point of the entire pavilion area.

In all, there will be 33 exhibits on 20 subjects relating to "Man the Provider". These exhibits will range from a dramatic presentation of world population growth — during the six months Expo is open, the world population will have increased by 34,600,000 — to the demonstration of the automated control of farm operations.

Apart from the central Sun Acre, the other main areas will illustrate:

Soils — efficient land use; soil fertility development; irrigation.

Crops — production of new varieties of plant breeding; growing crops in controlled environments; control of plant diseases and insects; hydroponics.

Farm animals — a modern dairy herd and a fully automated egg factory in operation; the transparent cow, showing the functioning of the four stomachs; contributions to society from animal by-products.

A modern farm office; special exhibit on the sociological and economic pro-

... NEW FILMS ...

"EXPO 67"

A sidewalk superintendent's view of Canada's biggest commemorative construction job, The Universal & International Exhibition, Montreal, 1967, or for short, "Expo 67".

This film puts you on the site itself, right in the middle of this gigantic work in progress. Here you see how the islands in the St. Lawrence were enlarged to the dimensions required for the fair and how the rough rock and earth fill is already being overlaid with foundations of buildings, of parks and whatever else is demanded by the plan.

You see the plans and the models and easily envisage what is still to do. Here, too, you meet the planners, the grand strategists who must foresee now what the vast crowds two years hence will receive in entertainment, pleasure and enlightenment, in food, rest and transportation. There is the fair's Commissioner-General Pierre Dupuy, chief ambassador of Expo 67, whose work has already stirred many countries to participate. Then there is Deputy-Commissioner Robert Shaw, the man who translates plans into action; the Mayor of Montreal, Jean Drapeau; John Pratt, Director of Entertainment; and many others who are able to tell you now what you will see in 1967.

Expo 67 is a preview of the wonders to come at this outstanding of all world fairs and a first-hand report of present plans and progress. It may be borrowed from the Extension Film Library, Macdonald College, for the nominal service charge of \$1.00, plus transportation costs. It is 16mm. sound and colour, and runs for 23 minutes. Production is by Crawley Films for Traders Finance Corp. Ltd.

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CLUBS 4-H CLUBS

The Youth Organization of the Quebec Forestry Association

By A. Dal Hall

"LES 4-H SONT ICI!" With this rousing cry, 600 young delegates each year meet their friends as they gather in Montreal for the annual convention of the 'Clubs 4-H Clubs Inc.' of the province of Quebec. A hotel employee comments "This is one of the best conventions that we have all year, because the young boys and girls behave in such a responsible way and fill the hotel with their youthful enthusiasm and signs of good manners and orderly discipline". For the adult guests of honour the infectious good humour and spirited singing is an inspiration and an optimistic look into Canada's future.

To many English speaking people in Canada, 4-H is a familiar name. However, the organization represented by Les Clubs 4-H Clubs Inc. in the Province of Quebec is not to be confused with the 4-H Clubs in the rest of Canada. These Quebec 4-H Clubs are in a way unique because they differ from those in the rest of Canada and the United States in both their sponsorship and their resource orientation.

The Quebec 4-H Clubs are a private enterprise directed by the Quebec Forestry Association and receive their financial support from industry in co-operation with the public, with assistance from the province. The 4-H Clubs in the rest of Canada (and in the United States) on the other hand, are sponsored by the government in co-operation with public and individual organizations.

The Quebec Clubs 4-H (pronounced quatre ash) aim is "to develop among the youth of that province the spirit of woodlands conservation". Their activities are designed to pursue three concrete objectives — to develop a keen sense of responsibility, initiative and respect in the young members; to encourage discipline and to develop leadership through collective pursuit of common goals; and to develop good citizenship and pride and service in their province and their country. Forest conservation is a natural basis for developing these aims because through understanding the importance of the forest from both the recreational and utility standpoint as well as its influence on other renewable resources, young people can develop a strong sense of stewardship and respect for present and future needs.

The 4-H Clubs of Quebec were first started by the Quebec Forestry Association in 1942. The first Club started at Val-Brillant in the lower St. Lawrence Valley and was so successful that the movement spread rapidly throughout the

length and breadth of Quebec until today it is active in rural areas throughout the province. There are now 13,000 young boys and girls enrolled in the 420 4-H Clubs in "la belle province".

Shortly after the foundation of the first Quebec Club, the basic difference became apparent with the United States and Canadian organizations of the same name. While in the rest of Canada and across the border the 4-H Clubs are actively engaged in all aspects of agriculture, in Quebec the primary objectives of the Clubs have always been towards forest conservation and developing and understanding relationships between people and this basic resource. This is a logical orientation in light of the prime importance of forestry in Quebec.

Similarly, as an organization of the Quebec Forestry Association, Les Clubs 4-H are, like their founding organization, independent of government influence since they are sponsored by private and public funds although they fully benefit from the aid of provincial officials and grants.

The 4-H movement has always stressed participation and concrete achievement as evidenced by their activities displayed at county fairs and in their field work.

Last year throughout the province, young members planted almost 70,000 trees in plantations and woodlots and for beautification purposes. They added to the number of 4-H camping grounds which they have set up in the province. They participated actively in projects designed to develop the best qualities and aptitudes of the young members. Prizes of \$7,750.00 were given to winners of competitions in such diverse activities as needlework, knitting, sewing, handicraft reforestation, forest protection, fish and game, leadership, literature, etc.

Since 1942, nearly 500 young 4-H members have been awarded scholarships which have enabled them to start or continue special studies. Many of these have graduated in Forest Engineering, Home Economics, Nursing, Medicine, etc., while a considerable number are still following these specialized courses. It can be correctly estimated that at least 100,000 young people have profited in one way or another through the scholarships or other educational benefits produced by the 4-H Clubs in Quebec.

Like all youth - serving organizations, the 4-H Clubs depend heavily on adult volunteer leadership. The general organization of this movement relies heavily on this adult leadership and great care is taken in selecting and enlisting the support of these volunteers.

Four different levels of administration

are represented in the excellent organization of the Quebec 4-H. The local, county, regional and provincial councils allow for strong guidance at the local level, building up into a cohesive, well-controlled administration at the provincial level.

The provincial council plans and directs all the 4-H activities. Its presidents are nominated during the annual provincial convention by the local presidents delegated to the convention by their respective clubs. The provincial council relies heavily on an Advisory Committee which includes representatives of the Quebec Forestry Association, Laval University, other rural movements, four governmental departments, and forest industry supporters. This Advisory Committee co-ordinates all 4-H activities, develops provincial programs and campaigns. These functions are discharged by means of consultation

(Continued on page 12)



LEADERSHIP TRAINING FOR 4-H CLUBS

by Galen Driver

4-H Forestry Clubs in the province of Quebec proudly opened a new permanent leadership training camp this summer. This camp is located at the Harrington Forest Farm in Argenteuil County. The camp consists of a main lodge and several cottages and is located on property donated to the organization by the Canadian International Paper Company.

The overall camp set-up is mainly due to the financial support of the pulp and paper industry in this province. The training site is designed to cater to 4-H Club members who reside west of a line running through Stanstead, Trois-Rivieres and Abitibi East Counties. Training for members from Eastern Quebec is carried out at the Parke Reserve, Kamouraska County.

The two training camps are used during the summer months to train future leaders for the 4-H club movement. At Harrington, eight 8-day sessions are organized, with some 60 young men or women attending each. The main lodge houses a dining room, meeting hall and a chapel. The eight smaller cottages are used for living quarters for the campers.

VARIATION ON A LUNCH THEME

IF THERE ARE several age groups in your family for whom you must prepare carried lunches, you are probably faced with the endless problem of what to prepare. Naturally, you are concerned with providing your family with good nutrition. The following suggestions are from the home economists of the Consumer Section, Canada Department of Agriculture, Ottawa.

Nutrition experts point out that each age group requires certain amounts of food to provide adequate nutrition for growth and repair of the body. When preparing lunches, it is important to keep this in mind.

Lunch Menu Pattern

The following lunch pattern, which should supply about one third of the day's food requirements, can be adapted to the various age groups in your family:

Protein Food (meat, fish, cheese, eggs)
Bread and butter
Fruit or vegetable (raw, cooked or canned)
Milk

Desserts and extras may be included as long as they do not interfere with the basic lunch outlined.

Lunch for the Child, Teen-ager and Adult

If you have an 8 or 9 year old child, you might prepare the following lunch:

½ cup of tomato soup, served piping hot in a Thermos
whole wheat sandwich with cheese and pickle filling
carrot and celery sticks
2 oatmeal cookies
small raw apple
½ pint of milk (to be bought at school)

To adapt this for a teen-ager increase the soup to ¾ cup, add an extra sandwich, increase the cookies to 3, increase the milk to one pint.

For the man of the family, give him a hot main dish for a change. Substitute the soup and sandwiches for baked beans in tomato sauce and 2 slices of buttered bread. For texture contrast tuck in a dill pickle and raw carrot sticks. For dessert give him a wedge of Cheddar cheese, a large apple and 4 oatmeal cookies. Hot coffee may be bought at work.

You can see from these suggestions that you must adapt the type and the amount of food to the age and needs of each member of the family.



PACK SAFETY INTO THE LUNCH BOX TOO

The homemaker must consider many points when she prepares food for the lunch box. Is the lunch tasty, does it provide good nutrition, and will it keep safely for several hours without refrigeration?

If refrigeration is not available, most homemakers rely on the safety of the "dry" lunch, that is sandwiches, raw fruit and vegetables, and, perhaps, cake or cookies. If the lunch is provided with an efficient Thermos, hot soup, co'd juice or milk are often packed too. If a Thermos is not available, these items must be bought at school or office.

Although this type of lunch has good keeping qualities there are extra precautions that can be taken to ensure that the foods are safe to eat.

Sanitation experts teach food handlers of commercial establishments and hospitals that bacteria and cleanliness do not go together. We would do well to take a good look at our own habits and be sure that our equipment, preparation areas and hands are scrupulously clean.

The home economists of the Consumer Section, Canada Department of Agriculture, Ottawa, give us the following safety tips on preparing sand-

wiches for the lunch box. These ideas may be used when preparing sandwiches for other occasions too.

Prepare fillings in small quantities; avoid leftovers.

Handle bread and fillings as little as possible.

If you have a great many sandwiches to prepare, keep the bulk of the fillings in the refrigerator, and use as required.

Do not make fillings too moist since food-poisoning bacteria grow rapidly in a moist atmosphere.

In foods such as meats, cheese and eggs, bacteria grow more rapidly. Foods of high acid content are safer. Pickles, lemon juice or vinegar may be added to most sandwich fillings to protect keeping quality and retard bacterial growth.

Prepare sandwiches as quickly as possible and store them in the refrigerator or freezer immediately following preparation.

Fill the lunch box at the very last minute for maximum safety.

If you have frozen the sandwiches, take them out of the freezer in the morning. They will be thawed by lunch time.

*Consumer Section,
Canada Department of Agriculture,
Ottawa.*

How To Keep Physically Fit?



This spring, participants from a number of communities in the Macdonald College area attended special "keep fit" classes offered as part of the evening extension course program.



◀ **Illustrated by Charles Renee.**

AN EXERCISE team of twenty mothers recently demonstrated the answer to the question. They had been attending Keep Fit classes offered as part of the Macdonald College evening extension course spring program, and sponsored by the Macdonald Home and School Association in fall and winter. At the annual meeting of the Macdonald Home and School Association, the exercise team drawn from these classes demonstrated to music rhythmic exercises under the direction of Iris Robbins (Macdonald College Extension Department) with Laura Young as pianist.

Between them, the members of the exercise team have forty-two children, ranging in age from babies and tiny tots to senior high school and college. The performance was described by a male member of the audience as one of "grace and finesse". Participants in the classes come from as far afield as Como and Hudson, Roxboro, Lachine, Dorval and Pointe Claire as well as the more immediate Macdonald area.

These exercises are designed to banish tension and promote relaxation; to restore muscular tone and flexibility; to correct posture; to improve individual figure problems.

During the year the Director and Pianist produced a record, entitled "Routines by Robbins, Rhythms by Young" for practise use by the members of the classes. The exercise team is currently looking forward to making a 16mm. film.

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FREE STALL HOUSING FOR DAIRY CATTLE

(Continued)

parlour so that high cost equipment is concentrated in one spot and to reduce labour. Any type of milking room system may be used but the herringbone or sawtooth style is becoming popular. Milking herd holding area is close by. Grain is overhead of the milking room and is fed down as needed.

MANURE AREA: All areas around the feed bunk and behind stalls are manure collection areas. They must be easily scraped with power equipment. Liquid slurry is moved to a pit or spreader. This manure cannot be pushed up a ramp.

A typical floor plan is shown here. This is set up for mechanical equipment to clean the manure area and for drive through with feed wagons. If power driven, side unloading wagons are available, they can be used to collect feed at silos and spread the feed in the bunks. If green chop or zero grazing is used the wagons get further use throughout the summer.

Free stall housing is good in my opinion but there will be problems as with any new system. Cows are cleaner than most other ways of handling and still bedding needs are reduced. I like the way free choice feed can be given to cattle and most feeding done mechanically. The problem of changing to liquid manure must be faced and this is one different side to the arrangement. The cost does not seem to be reduced greatly from a stanchion or tie stall barn.

Some use may be made of older stall barns as feeding areas but they usually are not suitable for mechanical wagons.

There are free stall setups in Quebec and also in Northern New York State. Drop us a line if you want further information.

RECREATION IS THEIR CASH CROP

(Continued)

birds or wild game. As far as we are concerned, they are domestic fowl, and we don't think they should come under full hunting regulations," he explained. "South of the border, each State has its own regulations, but in general, shooting preserves enjoy a special status. Usually, there is a minimum size laid down, and they are required to release a certain number of birds to the land each year. Shooting licenses are nominal — only a dollar or two," he added.

A noteworthy feature of the opera-

tion at Silver Heights Shooting Preserve, especially at a time when Regional Planning and Rural Re-development is so often in the news, is their imaginative use of marginal land. Here is a hundred acres considered agriculturally unproductive, which is adding several thousand dollars annually to the farm's gross income. The effect on the community must also be considered, with uncounted benefits through the local motels, restaurants and shops who cater to the weekly visitors and to the larger semi-annual club meets and field trials.

Perhaps history will record that the Blairs and the Bailies were given a sincere vote of thanks for demonstrating one way that recreation, too, can be a crop.

EXPO AGRICULTURAL PAVILION

(Continued)

blems relating to world food production; farm mechanization and automation; illustration of marketing and distribution facilities.

Dr. Goulden says that "Man the Provider" pavilion will be a visual dramatization of the importance of food production in the world of today and tomorrow.

"It will show how advances in agricultural techniques throughout history have contributed to "Man and his World" and how these advances are continuing in the present era of science and technology. It will forecast continued advances in the future. It will show how the farmer copes with new demands on his knowledge and business ability, and expose some of the basic problems affecting the applications of new techniques to improving world food production."

CLUBS 4-H CLUBS

(Continued)

with experts on technical questions and by constant contacts with the Clubs through visits, reports, conferences and correspondence.

Two camps are operated throughout the summer by Les Clubs 4-H. One is on the Rouge River at Harrington about forty miles from Hawkesbury and the other is on South River in the Park Reserve. Each Camp has an attendance during the summer of about 240 young 4-H members with an average age of 15. At the camping sessions the young people experiment and study their program of the following year so that they can return to their local clubs and give leadership throughout the year. In addition to these, each year over 100 clubs throughout the province hold local camping sessions at their own camp sites where they can come in close harmony with the resources which they are dedicated to use wisely.

Compiled by T. Pickup of the Information and Research Service,
Quebec Department of Agriculture and Colonization.

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**PHOTOGRAPHS BY
OMER BEAUDOIN**



Mr. Arthur Laroche of Launay Station, Abitibi-West, re-stocking fourteen acres of Garry oats in 1964. Gusts of wind flattened the stools more than once and rain hindered them from drying.

QUEBEC CROP LOSS ASSISTANCE

July 21, 1965 — Honourable Harry Hays, Minister of Agriculture for Canada, and Honourable Alcide Courcy, Minister of Agriculture and Colonization for Quebec, announced today that the two governments have entered into a joint arrangement to assist farmers in the drought area of Quebec to secure feed for cattle.

The assistance will take the form of subsidizing fodder and feed grains to farmers at subsidized prices. The subsidy rates will be \$30 per ton of concentrate and \$15 per ton of hay. The costs will be shared equally between the federal and provincial governments.

The Ministers stressed that the program will ensure that feed markups will remain at normal levels.

The drought area to which the assistance will apply will be designated by the province. Within the drought area average feed production will be established for sub-areas. The sub-areas will be delineated on the basis of topography, soil type, drought intensity and other factors.

Within each area farmers will be entitled to subsidized feed based on the difference between the 1965 season productivity level determined for the area and the normal productivity level in the area. The total entitlement will be dependent upon the number of forage-eating animals normally overwintered by the farmer.

The Ministers illustrate how the policy will work with the following example — suppose a farmer is in an area where this year's productivity level is assessed at 60 per cent and he overwinters 50 animal units. His entitlement per animal unit would be .95 of a ton of concentrate feed (grain or mixed ration) giving him a total entitlement of 47.5 tons of concentrate or 59.4 tons of hay. If he takes his entitlement entirely as concentrate, the dollar value of the assistance would be \$1425; if he takes it as hay, \$891. The Ministers stressed that this arrangement has been made because of the relatively greater shortage of hay, which will result in most farmers having to replace hay with

(Continued on page 16)

CENSUS OF QUEBEC ORCHARDS

A survey of all orchards in Quebec having fifty or more apple trees was carried out in the spring of 1964 by the Horticultural Service of the Quebec Department of Agriculture and Colonization. The results have recently been published by the Quebec Bureau of Statistics in a booklet entitled "Recense-

ment des Vergers du Québec". The survey was undertaken as an aid to predicting the size of future apple crops (by variety) and with a view to advising growers about plantings and removals. Some of the principal results of the survey are given below.

Size of orchards in Quebec

Number of trees	Number of growers	Percentage of growers
50 - 99	208	13.8
100 - 149	147	9.8
150 - 199	121	8.0
200 - 499	391	25.9
500 - 999	252	16.7
1000 - 1499	147	9.8
1500 - 1999	102	6.8
2000 - 2999	82	5.4
3000 - 3999	34	2.3
4000 - and over	23	1.5
Number of growers 1507		
Number of trees 1,146,146		
Average size of orchard 761 trees		

Slightly over a quarter of the growers had 1000 or more trees and nearly 70% of all the trees were in these larger orchards.

Roughly two thirds (62%) of all the trees were McIntosh. Among the more numerous of other late varieties were Cortland (6.64%), Fameuse (6.02%), and Lobo (4.81%). About 14% of all trees were early varieties — chiefly Melba (5.5%), Wealthy (2.6%), Du-

chess (2.24%) and Yellow Transparent (2.0%).

Age of trees

About a quarter of the trees in Quebec are over 25 years old. On the other hand, another one third of them are young trees (less than 15 years old) and it is expected that the old trees will be replaced without much disturbance to production.

Distribution of trees by age group

Age of group	Number of trees	Percentage of trees
0 - 5 years	181,728	15.9
6 - 10 "	100,257	8.7
11- 15 "	159,126	13.9
16 - 25 "	424,892	37.1
26 years and over	280,143	24.4

Proposed plantings and removals, 1964-1966

Variety	Plantings	Removals	Difference
McIntosh	112,059 trees	10,204	+101,855
Melba	3,879	1,577	+ 2,302
Cortland	11,213	898	+ 10,315
Fameuse	825	14,369	- 13,544
Lobo	7,441	254	+ 7,187
Other varieties	24,565	12,543	+ 12,022
All varieties	159,982	39,845	+120,137

Apple crop in 1963

District	Number of bushels	Percentage of total
Rouville	1,533,094	32.5
Missisquoi	768,260	16.3
Deux-Montagnes	707,149	15.0
Huntingdon	616,776	13.1
Montmorency	197,581	4.2
Other counties	889,064	18.9
Province	4,711,924	100.0



The daughter of Mr. Albert Rannou of Ville-Marie pauses to test the flavour of the strawberries she is picking.

INCOME FROM STRAWBERRIES

At a recent demonstration for strawberry growers at Pelco farm, de la Durantaye, Mr. Laurent Beuchard, county agronomist for Bellechasse, reported some interesting figures concerning the profit earned from this crop by a local family in 1965 when the yield of the field in question was estimated to be only 60% of normal owing to frost.

Detailed records were kept of all expenses, including rental of the land, cost of using machinery, and money spent on fertilizer, herbicides, and harvesting.

Growing methods

Since the site of the plantation happened to be infested with couch grass, it was summer-fallowed in 1963 starting at the end of July. In the fall of the same year, following analysis of the soil, an application of well-rotted manure was made and in May 1964, 4-24-20 fertilizer was applied eight days before the strawberry plants were planted. During that season, three cultivations were carried out with a garden tractor, and a number of herbicide treatments were applied. About the middle of November the plants were covered with a generous straw mulch. This straw was removed from the plants in the spring of 1965 and left between the rows to retard the growth of weeds and prevent the berries from getting soiled during rain or spraying.

Net income

On July 27th 1965, when the crop had still not been completely harvested, the net income from the plantation was estimated at \$685.50 per acre. However, in view of the fact that the crop was the result of two years' work, the annual net income was reckoned to be \$342.75 per acre.

This page supplied in the interests of the Family Farm by the Quebec Department of Agriculture and Colonization.

This page supplied in the interests of the Family Farm by the Quebec Department of Agriculture and Colonization.

Collecting eggs on the farm of Johnny Bergeron of St-Prime, Roberval. They are collected four times a day, washed, candled, graded and carefully packed, and sold to two hospitals in Roberval or retailed.



CUTTING EGG-PRODUCTION COSTS

When egg prices are low, as they were in Saskatchewan during the past year, the margin between cost of production and sales revenue is pretty slim.

Tests carried out at the federal experimental farm at Indian Head point out a way of widening the margin of profit — restricting the feed of pullets during the rearing period. Poultry geneticist A. P. Piloski reports that the practice pays off later in increased egg production and profit per bird, and in lower feed costs and laying house mortality.

Four groups of pullets were fed grower ration from 12 to 22 weeks of age. Birds in the first group were full-fed on undiluted ration, while those in the second group received 70 per cent of the amount consumed by the first lot. For birds in group three, the ration was diluted with 50 per cent straw by weight, and those in group four received 25 per cent straw in their feed.

Feed costs were taken over the entire test period from hatching to 500 days of age and were based on a calculated price of 4.3 cents per pound for starter, 3.75 cents for rearing mash, and 3.9 cents for laying mash.

Feed cost was highest for birds in group four because they ate more to compensate for the lower energy level of the feed. Egg production was highest for this group and, accordingly, so was the revenue from egg sales. But the high feed cost resulted in the lowest margin of profit. On a per-bird basis, the feed cost was \$4.43 and the return on eggs was \$4.74.

Group two, which was restricted to 70 per cent of the undiluted ration during the growing period, provided the lowest return for eggs (\$4.54). But feed
(Continued on page 17)

REPLACEMENT PULLETS vs. FORCE-MOLTED HENS

The prospect of higher egg prices later this year has sparked interest among many producers in the feasibility of force-molting their laying hens and continuing them in production, says A. T. Hill, poultry specialist at CDA's experimental farm here.

At Agassiz, studies have been carried out with Leghorn-type laying hens. Some were force-molted after 12 months of laying, others after 13 months and the rest after 14 months. The study embraced nine four-week periods and the findings were compared with those made in similar periods when the birds were pullets.

Molted hens failed to match their egg output as pullets by 12 to 20 per cent, Dr. Hill reports.

Size and quality of egg also varied. Eggs from the pullets averaged 45 per cent large and extra large, 37 per cent medium, 16 per cent small, and two per cent peewee. When they became hens their eggs averaged 95 per cent large and extra large, and five per cent medium in size.

Albumen quality of the eggs from force-molted hens was not as good as in the pullet eggs. Whereas the quality in pullet eggs remained uniformly good throughout the test period, hens eggs were poorer at the start of the test and declined markedly in the eighth and ninth periods. In consequence 96 per cent of the pullet eggs were Grade A for the whole test as contrasted with 82 per cent for the hens eggs. During the ninth period 22 per cent of the eggs

from the hens were Grade B. Cracks and rejects averaged about four per cent for both groups.

Eggs from molted hens apparently are more likely to deteriorate. The increase in B gradings for these eggs after seven days storage ranged from seven to 14 per cent as against an increase from two to four per cent with pullet eggs.

Sales brought an average return of \$10.18 per case for eggs from the pullets and \$9.83 for those from molted birds.

On a per-bird basis, sale of eggs from molted hens returned an average profit of \$1.03 over feed costs and this figure was the same for birds molted at 12, 13 and 14 months.

With allowance for the additional value of a pullet after only nine months of lay, each bird returned \$1.23 from eggs after feed and pullet housing costs had been deducted.

The poultry specialist urges producers to consider carefully the disadvantages of force-molting before rushing to substitute this practice for a pullet replacement program.

"Egg buyers often are reluctant to take eggs from force-molted birds", he points out. "In addition, there is a tendency for the yearly flock performance level to deteriorate when an annual all-in all-out pullet flock replacement program is not followed."

(From "News from the Canada department of Agriculture", No. 1125)

FARM CREDIT APPEAL BOARD

Agriculture Minister Harry Hays announced recently that the Farm Credit Corporation has established loan appeal boards across Canada to enlist the advice of farmers in administering federal farm credit programs.

A board has been established in each province except Newfoundland, where provision has been made to handle appeals on an ad hoc basis.

Three-member boards will hear appeals from any person or group dissatisfied with the F.C.C. decision on any application for a loan under the Farm Credit Act or the Farm Machinery Syndicates Act.

A total of 78 persons have been appointed to membership of the nine provincial boards, including one chairman of each. Each appeal will be heard by the chairman and two members selected from the area in which the farm is located.

"The appeal boards are made up of farmers who have proven their interest in the welfare of agriculture", Mr. Hays said. "They are people who have proven themselves in their communities and shown their ability to exercise unbiased judgment on matters of public concern."

He said major farm organizations were consulted by the F.C.C. for their advice and assistance in selecting candidates for the various positions on the appeal boards. He expressed real satisfaction with the calibre of candidates chosen, and was most pleased with the willingness with which candidates accepted the opportunity to serve their fellow farmers.

The first appointments have been made for two or three years, to provide for continuity of experience while permitting a regular rotation of membership.

Mr. Hays commented;

"I believe that these boards will be of more importance than just for handling appeals from decisions of the F.C.C. They will also forge another working link between the farming community and my Department, through the F.C.C. I think the boards will be a benefit to my Department as well as the farmers."

"I should point out that the Farm Credit Corporation welcomes the establishment of these boards. They will ensure fair and equitable treatment for the farmers who want to borrow from the F.C.C., and they will also afford farmers a better opportunity to acquaint themselves with the reasons behind the Corporation's operations and lending policies."

After hearing an appeal from a loan

applicant of his representative, the Board will recommend to the Corporation the action it believes to be fair and appropriate. In this way, both the applicant and the Farm Credit Corporation will have the benefit of an independent review of decisions by a group of eminently qualified farmers who have a good knowledge of local conditions and problems.

NAME

CARRIER, Josaphat
(Chairman)
OSWALD, Clifford
(Vice-Chairman)
LEMIEUX, René

TARDIF, Paul André

DESROSIERS, Gaetan

VILLENEUVE, Jean-Charles

DESRUISSEAUX, André

BOUCHER, Bernard

MESSIER, Danias

COATES, Wells

GAGNON, Jean-Marie

GREIG, Keith

HUNEALD, Carmel

DAGG, Arthur

BOULE, Robert

Only appeals made in writing to the Appeal Board will be considered and appeals should be addressed to the Chairman of the Appeal Board of the province in which the appellant resides. Following are the names and addresses of the chairmen and members of the Appeal Board for the Province of Quebec.

ADDRESS

Warwick
Co. Arthabaska, P.Q.
Ste-Scholastique,
Co. Deux-Montagnes, P.Q.
St-Vallée
Co. Bellechasse, P.Q.
St-Nicolas Station,
Co. Lévis, P.Q.
R.R. No. 1
Mont Joli
Co. Matane, P.Q.
Rang Caron,
Ste-Croix,
Co. Lac St-Jean, P.Q.
St-Valère,
Co. Arthabaska, P.Q.
St-Ambroise de Kildare,
Co. Joliette, P.Q.
R.R. No. 2,
Bromptonville,
Co. Richmond, P.Q.
R.R. No. 1,
East Angus,
Co. Compton, P.Q.
Pike River,
Co. Missisquoi, P.Q.
Ormstown,
Co. Chateauguay, P.Q.
Montebello,
Co. Papineau, P.Q.
Shawville,
Co. Pontiac, P.Q.
Palmarolle,
Co. Abitibi, P.Q.

CROP LOSS ASSISTANCE

(Continued)

grain — a procedure which Ministers agreed would be most useful under the circumstances. They stated that farmers should now cut all possible grain for fodder, plant supplementary crops and harvest every bit of hay, thus saving their drought assistance entitlement for grain purchases.

As a further example, the Ministers illustrated the case of a farmer in an area having a 50 per cent productivity assessment. He would have a unit entitlement of 1.2 tons. If he overwinters 24 animals units, this would amount to 28.8 tons of concentrate or 36 tons of hay.

In making the announcement it was stressed that the area entitlement approach means that farmers who have taken or will take every possible opportunity to counter the effect of the

drought through their own efforts will not have their entitlement reduced because of this.

A drought area assistance administration is being established with representation from federal and provincial Departments of Agriculture. The complete operating procedures and details of the program are being developed and will be announced shortly.

The two Ministers stressed that the present assistance program is of a temporary nature and that protection to farmers against crop losses must be provided by crop insurance. Mr. Courcy stated that it is the intention of his Government to introduce legislation for a crop insurance program in Quebec as soon as the present study is completed.

Provinces operating crop insurance programs receive substantial federal assistance. Under the Crop Insurance Act

(Continued on page 17)

This page supplied in the interests of the Family Farm by the Quebec Department of Agriculture and Colonization.

Spreading lime on the farm of Mr. Rene Lambert of Ste-Agathe, Lotbiniere.



BENEFITS OF LIMING

Many trials carried out on experimental farms and the experience of farmers themselves have shown beyond doubt that lime has a marked effect on the yield and quality of crops.

It improves the structure of the soil, making heavy soils more friable or crumbly and increasing the absorptive capacity of light soils.

It favours development of the micro-organisms which hasten decomposition

of organic matter in the soil.

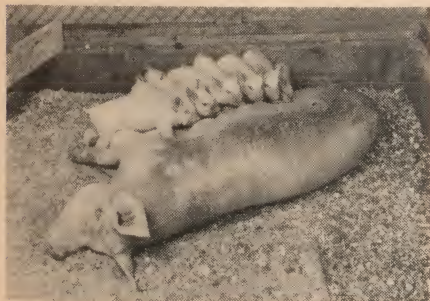
It sometimes helps in the battle against plant diseases by increasing the vigour of the plants.

It reduces the toxicity of some of the elements that are harmful to plants when in excess, such as manganese and aluminium.

It encourages growth of crops such as clover and alfalfa which grow poorly or not at all in acid soils.

When lime should be applied

The best time to apply lime is following harvesting, when the farmer is not so busy, the ground is firmer from the point of view of spreading operations, and the soil derives greater benefit. However, if for one reason or another it has not been possible to apply lime in the fall, it is recommended that it be applied in spring before seeding. The action of lime will be more rapid if it has been mixed well with the soil.



A lusty litter belonging to Mr. Lucien Gasse at Ste-Flavie, Matane. The struggle for existence does not leave much scope for good manners. This two-storey cafeteria is operating at full capacity.

CARE OF BROOD SOWS

The weight of sows

A brood sow should gain about 100 pounds in weight during her first gestation. In later gestation periods, an increase of 75 pounds is considered sufficient. An adult sow should return to the same weight after weaning each litter. The birth and suckling of the piglets should practically eliminate the weight gained by the dry sow.

Feeding silage to sows

The sow should be in perfect condition and her litter should develop normally if, during her gestation period, she had regularly been fed daily four pounds of a balanced pregnant-sow mixture plus six pounds of silage. If this quantity of silage is fed, two pounds less per day of concentrates will be required, representing a saving of over 200 pounds of concentrates over the whole gestation period.

CROP LOSS

(Continued)

the federal government reimburses the province for twenty per cent of the total premium and half of the province's administrative costs. The maximum insurable coverage is sixty per cent.

Four provinces — Manitoba, Saskatchewan, Alberta and Prince Edward Island — now have crop insurance programs. Mr. Hays said that if changes in the present Act were needed, particularly with respect to the maximum coverage, in order to ensure the widest possible application of crop insurance,

the federal government would introduce the necessary amendments.

CUTTING EGG-PRODUCTION COSTS

(Continued)

cost was lowest too. At \$4.13, it meant a profit per bird of 41 cents.

The biggest profit was realized from birds fed the ration diluted with 50 per cent straw. The return for eggs amounted to \$4.73 per bird, exceeding the feed cost by 59 cents.

Pullets that were full-fed on undiluted ration had a feed cost of \$4.33 and provided a profit of 36 cents.

"It is evident that restriction of feed during the growing period will lead to bigger returns from egg sales," Mr. Piloski says. "The practice is particularly important during periods of depressed egg prices."

He adds that greater savings in feed costs could be achieved by making greater use of home-grown grains instead of buying the complete mash such as was used in the tests.

The Month With The W. I.

CENTENNIAL

What is YOUR Centennial Project Does your Branch or your County have a Centennial Project? How did you get started Are you cooperating with a Council, a Chamber of Commerce or other organization — or are you going it alone? Would you tell us what YOU are doing?

Publicity Conveners please note : find out what Centennial projects are afoot, and send a write-up to your County Convener or to the Provincial Convener of Publicity.

STANSTEAD COUNTY HONOURS MISS M. KEZAR

Miss M. Kezar of Ayers' Cliff was honoured recently, and was presented with a card signed by all members of the county, to congratulate her on her 90th birthday. Miss Kezar joined the Women's Institute, then known as the North Homemakers Club, in 1907, out west. She has been a member for 58 years and quoted that "she has seen many hardships, but has also experienced the good times, and has always enjoyed being a member of the W.I."

The presentation took place at a Stanstead County meeting, presided over by County President, Mrs. R. Knight, with Ayers' Cliff as hostess branch. Main business of the meeting was the arranging for the August County Fair, and the September School Fair. Guest Speaker for the day was Mrs. E. C. Bryant, twin sister of Mrs. R. Knight, whose topic was "The League of Women Voters of the U.S.A." This organization educates women on the importance of their role as voters. Mrs. Bryant is President of the League in Arlington, Virginia.

BROME : AUSTIN held its Annual Garden Party.

CHATEAUGUAY-HUNTINGDON : DEWITTVILLE held a successful Summer Fair; held family picnic at St. Anicet Beach. DUNDEE heard Mrs. Gerald Moore talk on some of the important things learned at the Leadership Course, particularly how to make the WI more modern; held a health quiz won by Mrs. E. Gardiner; donated 5 school pins to Grade V students who will now leave Dundee Consolidated School to attend Huntingdon High; meeting held at member's cottage, and some ladies learned how to play shuffleboard. HEMMINGFORD held an enjoyable family picnic at "Coolbreeze Estates" owned by Mr. and Mrs. E. Radley, who make ceramic articles, and

hand-woven items; they explained the art of these crafts to members in a log cabin on the campsite which contains a potter's wheel and kiln; members and friends enjoyed a bus trip to the Carillon Lock and Dam, visited the historical Museum at Carillon, and bought products at the Trappist Monastery at Oka. HUNTINGDON entertained Mrs. H. Robertson, County President, who reported on Provincial Convention, and gave an interesting talk on "Time"; welcomed a new member; netted a considerable sum from collection of 1C for each inch of waistline; heard timely information on dangers of power mowers, and how to avoid accidents.

GASPE : DOUGLASTOWN donated prizes to school children; "pay by waist measurement" as their roll call. L'ANSE AUX COUSINS answered roll call by bringing a grandmother to the meeting; heard papers on "Our Neglected graveyards" and "Do's and Don'ts when your child fails", "Are Mothers who stay at home beyond price?" SANDY BEACH heard sewing hints; held discussion pertaining to branch raising and spending money. WAKEHAM donated on Adelaide Hoodless Home; held scrambled word contest.

GATINEAU : AYLMEER EAST : Mrs. F. Routcliffe was hostess to the branch at Holiday House; Mrs. H. Monteith of Jamaica spoke on the Jamaican Federation of Women of which she is the Travelling Organizer — this Federation is very similar to the WI and has the same motto — For Home and Country; Mrs. B. MacLean reported that the sale of cook books had been completed successfully and thanked all who had assisted with recipes and sales, EARDLEY entertained Aylmer East to hear Mrs. H. Holmes give a splendid report on Facts Fingers and Fun Course which she attended; contest held in which each member had to give an impromptu 2 minute talk or recite a poem-winner was Mrs. F. Cornu for her recitation of a poem learned at school in Grade IV; held cooking sale; for roll call, named a member of Parliament, and the county he represents. RUPERT planted flowers in the local cemetery; held their annual Memorial Service; contest on Vegetables; paper on "Hereby Hangs a Tale"; sponsored Annual School Picnic at Lac Philippe. WRIGHT : Mrs. S. Ogilvie told of the day spent in Ottawa visiting Govern-

ment House, and taking a boat ride on the Ottawa River; assisted at Bazaar at Gatineau memorial Hospital, Wakefield; donated soap to Brookdale Children's Home; sent exhibits to Aylmer and Ottawa Exhibitions.

MISSISQUOI : FORDYCE visited the museum at Brownington, Vermont, where, in addition to several show rooms downstairs, the various townships of the County have each furnished a room with relics of their locality; held a "Bee" to cut brush, and to pick stones on the projected Centennial Picnic Plot.

PAPINEAU : LOCHABER : Mrs. McNamara brought in a quilt made from woolen material, quilt to be donated to Unitarian Committee; held display of handicrafts and contest on hats made from kitchen utensils; entertained and enjoyed visitors from Virginia, and one from Guatemala.

QUEBEC : VALCARTIER : welcomed a new member; Mrs. F. Methot of Standard Brands Limited was guest speaker; slides were shown and talk given on daily bread and a balanced diet; held Canada Day dance.

RICHMOND : CLEVELAND welcomed a new member; held contest on a floral arrangement for a table centre, and a contest on "What's in your Purse?" DENNISON'S MILLS heard Miss Susan Kent of New Zealand give a very interesting talk on her visit to Canada, the United States and Mexico; she showed pictures and answered questions on New Zealand; held cup cake contest, won by Mrs. C. Hannan; held Bazaar and Tea. GORE's roll call was "a way to postpone old age"; reading on "School Buses and Homework are for the Birds"; donated 2 potted plants to sick members, and presented wedding gift to new bride; cashed a \$50 bond to be donated to the St. Francis High School Student Loan Fund. MELBOURNE RIDGE donated to the newly formed Youth Centre of local municipality; planned school fair, and will operate booth at local fair. RICHMOND HILL and SHIPTON held a picnic. RICHMOND YOUNG WOMEN had a canteen at a recent auction, netting a good profit. SPOONER POND held family picnic; held contest on cross-stitch embroidered tea cloth and napkins with first prize going to Mrs. A. Coddington, second to Mrs. E. Hutchings, Mrs. Coddington.

(Continued on page 21)

THE BETTER IMPULSE...

News and Views of the Women's Institute of Quebec



Overton Women's Institute held a summer fair as part of WI Jubilee celebrations on Saturday and among those attending was a visitor from Ottawa, Canada, Mrs. H.M. Ellard (extreme left). Others in the picture from the left: Mrs. N. Whiteside, Lady Shuttleworth (opener), Mrs. G. Fisher.

MRS. ELLARD VISITS AN ENGLISH WI FAIR

Mrs. Ellard sends in an interesting account of a visit to England this last spring when she visited the community where she spent her early years:

"I stayed in Morecambe in northern England. My parents used to take us children to the seaside resort of Hest Bank, about one mile from Morecambe for holidays. I wanted to see what it looked like now. It was all built up with houses where there used to be farm land, but it is still a pretty place and the beach at Morecambe Bay is still lovely and its tides come and go.

"Mrs. Taylor, our National Secretary, had sent word to the National Secretary of the WI's in England that I would be visiting Morecambe. When I arrived at the hotel Mrs. Hall, a WI member, came with her car and drove me all over Morecambe and the surrounding area. It is full of historical interest, for Morecambe is only four or five miles from Lancaster, where John O'Gaunt's Castle is, also near Heysham, which is a place of great antiquity and famous for its interesting archaeological remains. The village of Heysham is charming and it has formed the subject of more than one of Turner's beautiful paintings.

"Heysham church is very ancient, the older portion being of 10th century Saxon. It contains what is called the Hogbacked Stone, which is probably the finest specimen of such gravestones in existence. These stones are exceedingly rare and are found only in the north of England and Scotland. They

are carved in many designs, but in particular with trefoils, the well-known illustration of the doctrine of the Trinity, adopted by St. Patrick.

"There is also in the graveyard a shaft of a 5th century cross and the remains of six stone coffins, shaped in the form of a body. These, I believe, are unknown elsewhere. Services are held in the church regularly and altogether it is a most interesting place to visit.

"Mrs. Hall took me to afternoon tea, stopping to do her weekly grocery shopping along the way — not supermarket way, but butter in one shop, bacon and meat in another and a special one for bread, etc. She prefers it that way. She also did the shopping for two WI members who were very old and unable to get out much.

"I was invited the next day to a WI Jubilee celebration at Overton, near Morecambe. It was very like our WI affairs. They had stalls in the WI hall and the usual things for sale; handicrafts, home cooking and preserves, eggs and chickens (dressed), aprons, children's clothes, etc. A long table at the end of the hall had food supplies for meals, with a huge sign giving the prices: sausage rolls 6d.; Tarts — gooseberry and plum 9d.; Eclairs 9d.; Meat pies 1/1; Tea 3d. etc. All very well displayed and all looked very good.

"I had tea with Lady Shuttleworth, Chairman of the County, who opened the Fair — a most gracious lady and very friendly. She had her little 3-year old son with her and his nannie to look after him. The local member of parliament was also at our teatable. He informed me he was on a diet — to reduce. I think he thought I should do so also and he was right, but I would have liked it better if he had not taken it for granted I was doing the same thing, for I got little to eat. He was so scornful of good food, I felt ashamed to take any, afraid I would shock him.

"I would gather there would have been three or four hundred WI members at this celebration. A very friendly and happy crowd and I did appreciate the kindly way I was entertained — one member even paying my bus fare back to the hotel. There were no speeches, only announcements and I was introduced.

"Many asked about relatives in Can-

ada and I have contacted a few for them.

"So ended two most enjoyable and interesting days."

Dorothy Ellard,
Past President QWI

ATTENTION — Citizenship Convenors

As you know, the magazine *The Citizen* is available and free to each convenor. The 1965-66 list of convenors has been sent to the Citizenship Dept., Ottawa as usual. You will likely be getting a card to fill in. Please do so, as otherwise you will not receive the magazine which is an excellent help in your convenorship.

Handicrafts from the Northwest Territories will be in the display of crafts at the ACWW Conference in Ireland. They include ivory and bone carvings, moosehair and porcupine quill embroidery on slippers etc. The exhibit from Quebec, obtained on loan from the Canadian Handicraft Guild are as follows: (6 articles are allowed from each constituent society) — woven bedspread in tree design with snowflake border; linen runner with inlaid border; Eskimo basket; carved wood sheep; ceinture flechee (very old); piece of enamel on copper.

ATTENTION convenors: We are again revising the pamphlet library, discarding some of the most ancient and hoping to replace them with newer ones. A motion was passed at convention empowering the provincial convenors to order some new pamphlets. As soon as these are available, lists of them will be sent to the appropriate convenors.

THE STORY OF THE LEADERSHIP COURSE

The first mention of a leadership course is in the minutes of the Board Meeting June, 1947. Mrs. Smallman, the president, reported that the demonstrators planned to take leadership courses at McGill to present to the branches in the fall. She also explained about the opportunity for short courses at Macdonald College the following summer. A motion was passed to set up a committee to plan this new course at the College.

In Jan. 1948, Mrs. Conley, the new president, reported to the Executive on

a meeting with Dr. McCready and Dr. Brittain. It was suggested that one representative be chosen from each of the small counties and two from the large ones for a week's short course at the College in May. Dr. James was to be asked for support.

It was thought that one topic should be stressed as choral work, dramatics or handicrafts.

A week later at an Executive meeting it was decided to appoint a president and Sec.-Treasurer from the short course members. These with the demonstrators would handle all matters re the course. Part of the cost might be covered by a grant from the Dept. of Agriculture, Dept. of Education and the College. Applications for a limit of forty were to be sent out. A motion followed that the county be responsible for one-third of the travelling expenses and a \$1 registration fee. If enough

was received in grants, delegates would be reimbursed for train fare. The balance of cost would come from available funds.

At the annual Convention of 1948 Mrs. A. Coates, Convenor of Education, reported that a short course was held May 10-14 and was centred around handicrafts, but also included leadership, publicity and aspects of homemaking. The QWI had the co-operation of the College staff and support from the Dept. of Agriculture. Mme. LeBeau, from the Dept. of Agriculture, attended the closing day of the course.

May continued to be the month and the pattern of handicrafts and home economics, combined with leadership, continued until the short course of 1965 when the central theme became training in leadership.



by Norma E. Holmes

Dear Min:

When I hear from my husband, "Hi, El, come here a minute," I know it is to hear or see something interesting, but when it is, "Oh, Eloise, could you come here a minute?" I become wary. It means a trip to town for a piece of machinery, holding a fence post for him to hammer in, or maybe following the cows to the pasture bars to get them tucked in. But even if I am suspicious, I go. That's what is known as "being a help-meet", or is it "mate"?

Anyhow, this time it was a trip to town, so I decided to kill a couple of birds with one trip, so to speak, and I did a little wishful eye-shopping — that is, I kept a firm grip on my purse — closed. I saw one little number in a window that just took my fancy. I am definitely a window shopper. If there isn't anything I like in the window I just don't go inside. Anyhow, there it was so I went in and asked the price. And that deflating snip of a clerk says, "For your daughter?"

It was just like my first year teach-

ing. I thought I looked pretty sharp in a coat with fur around the bottom and a hat with feather over one eye, and certainly, definitely, not like a teacher. My landlady and I got on the train to go to the city for the teachers convention — at least I was going to the convention, my first. As we stopped at stations and various females got on she would nudge me and whisper, "How much do you bet she's a teacher?" And sure enough they soon started talking about the convention. They looked decidedly teacher-like. But I knew I didn't look like THAT. With my new outfit — looking I was sure more like a movie star — I went into a store and a clerk came over and said, "How do you do, and are you in town for the convention?" I went home and looked in the mirror and it was then I made up my mind to get married as soon as possible and look like a housewife.

We think there's romance in the air — maybe I should say "I" as John says it is my imagination and wishful thinking. Guess who! John's mother

and my father. They're such pets. After all, they are still young. I never remember my grandparents as anything but ancient. But they couldn't really have been when they first became my grandparents. I just can't imagine them though playing golf or dancing. I remember reading in the paper once of — I think it was Australia — boasting they had a record for a grandmother — 33. Pough, I knew one of 28. Of course, there was a bit of overlapping. The grandson attended his mother's wedding — if you know what I mean. I think he must have been the best man.

John and I have been trying to figure out what would be our future relationship. However we figured it, including the children, it didn't seem quite decent, so we decided it was a job for a computer. You remember of course that this is a double house. No one has lived in the other part for lo these many years, but it is in pretty good shape. You know they were a lot smarter in the old days. They brought the old folks right in to live with them. I'm very partial to built-in baby sitters.

John's mother clings to that little apartment, but I'm betting on father to pry her loose. I actually caught her blushing the other day at something he said to her. I'll keep you posted.

Eloise

SAFETY FOR SENIORS

Most of the enormous accident statistics can be prevented. You can train yourself to avoid being a statistic and be free of the burden, pain, expense and care caused by falls, which are the biggest threat to older people.

Stairways. Put both feet upon each step before proceeding to the next one. Be sure every stairway has a grabrail. Older people need lots of light to see where they are going. There should be a light which shines on the top and bottom steps.

Bedroom — found to be the most dangerous room in the house. Some get up too fast, get dizzy and tumble.

When you get up, if you're a 'senior', sit on the edge of the bed a few minutes first.

Many trip over shoes, rugs, chairs and lamp cords when they get up too quickly.

If you get up in the night, turn on a light. Keep a flashlight by the bed. If you go to the bathroom, take it with

you. There may be something to trip over in the hall.

Bathrooms. — If you haven't a non-skid tub, use a rubber suction mat. Other necessities — grab-bars. Toilet seats are too low for most older people. There are attachments to make a higher seat. A grab-bar in easy reach is also a great help.

Bifocals. — Watch out going down stairs. Be sure you can see the next step before stepping on it. If you wear reading glasses, take them off before getting up to walk.

Taking a step backward — If you are beginning to feel uncertain of your footing, never take a step backward unless you can see where you are going, especially outdoors, on lawns, driveways, sidewalks and getting into and out of cars.

Ice. — Watch out for ice under the snow. If possible, stay off icy sidewalks. If you must walk on ice, use a flatfooted shuffle and keep weight forward. It's when your weight falls on your heel that you're most likely to slip. A rubber tipped cane or a cane with a sharp pointed metal tip (1) keeps weight off your heels (2) helps you keep your balance. Best of all are creepers.

Crossing streets — Cross only at corners. At night wear something white, or carry something white. If you have to walk on the roadway, walk facing the traffic and as far away from it as possible. Learn something about the stopping distance of cars. If it would help to use a cane, carry one.

Climbing on chairs — should be left to the younger people. Other falls are caused by Poor housekeeping (articles where they shouldn't be). Moving furniture from its usual place. Unevenness in lawns or driveways. Escalators. High bus steps, or trains. Slippery floors (use non-skid finishes). Throw rugs that slide. If you must use them coat the underside with non-skid material. Step-downs between rooms-should be marked so that they can be seen. Hints from Britain on staying on your feet in old age — Start studying 'senior age safety early. Keep your weight down and Keep in condition — with exercise.

MONTH WITH THE W.I. (Continued)

ton's set will be entered at local fair in inter-branch competition.

SHEFFORD GRANCY HILL: Cook books by Standard Brands were distributed to all members; Roll Call told "What Makes a Good Citizen"; contest on "using one's senses"; family picnic held at Iron Hill. **WATERLOO-WARDEN** heard interesting article on how to buy electric irons; food sale held.

SHERBROOKE: ASCOT held not holder contest, with these and other articles donated for the handicraft booth at Sherbrooke Fair; catered luncheon for wedding. **BELVEDERE** was entertained at a cottage by a lake and a picnic lunch enjoyed; answered roll call by telling where vacations were spent; fancy aprons were on the work calendar for this month. **MILBY** held grandmother's day, with program put on by them; this included an original poem by one member; successful paper drive held; catered for a wedding reception.

STANSTEAD: All branches are planning for the County's 50th Anniversary, with each branch to contribute a share of the program. **AYERS' CLIFF** attended a dinner at Dufferin Heights Country Club to celebrate their 50th Anniversary. **BEEBE** toured George Sheard Co. Woolen Mills at Coaticook; where each operation was explained in detail, making the trip most worthwhile; **TOMIFOBIA** members and members of the Newport, Vermont Home Demonstration Unit were guests on this tour; collected articles for sales table at County Fair. **NORTH HATLEY** held discussion meeting on How to make Canada lovelier with visitors present from the Town Council, the Village Improvement Society, and Lake Massawippi Chamber of Commerce — a community project is planned; took a trip to Lower Canada Village, and visited Fort at Chambly. **STANSTEAD** NORTH brought articles for county fair; each member brought a loaf of homemade bread for auction, with proceeds to the branch treasury; letter read on "the Renovation of the Red Brick Schoolhouse"; moment of silence observed for a member, the late Mrs. J. Hackett. **TOMIFOBIA** held discussion on Regional Schools; Mrs. L. Galvin gave a demonstration of smocking; she brought her gathering machine with her, and all members had a try at smocking; this was particularly interesting to some of the younger members who do not know this type of needlework.

VAUDREUIL. HARWOOD held annual picnic at Lafontaine Park.



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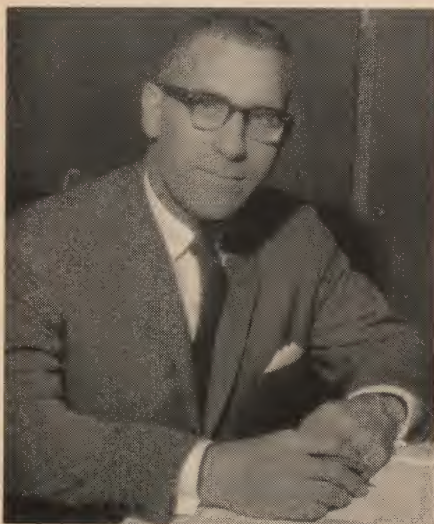
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TOURED RUSSIAN WHEAT COUNTRY

Dr. G. H. Dion, Dean of Agriculture, and Dr. W. E. Sackston, chairman, Department of Pathology, were guests for three weeks this summer of the Russian Government. Their travels included visits to the deep, black Chernozem soils of the Ukraine, famous everywhere for their fertility, and to Khazakstan, the region of the new lands, 1700 miles south east from Moscow, where they examined the agricultural practices in a region very similar to our Western Prairies, and just as large.

Dr. Dion was particularly interested in evaluating the wheat-producing potential of this area, and has promised an article for a future issue of the Journal.



DR. J. H. HARE HEADS EXPO '67 AGRICULTURAL PAVILION

Dr. Jack Hare, who received his Master's degree and Doctorate in Ani-

mal Nutrition from Macdonald College, has accepted the responsibility of directing the seven acre, \$3.5 million Agricultural Pavilion at Expo '67.

Dr. Hare is on loan from the Pfizer Company, where he is Vice President and General Manager of the Agricultural Division.

HOME FROM ENGLAND

Dr. Ralph Estey has returned from a year's study at the Imperial College of Science and Technology, University of London. Dr. Estey, who pioneered the university teaching of Nematology in Canada was awarded a Fellowship for advanced study by the Organization for Economic and Cultural Development, an agency of the United Nations.

Nematodes — microscopic round worms — are best known in Quebec as the cause of Root Knot on market garden carrots. The extent of damage to field crops has never been evaluated.

While in England, Dr. Estey took the opportunity to gather material for his forthcoming book, "The History of Plant Pathology".

STUDENT PLACEMENT OFFICER

We are pleased to announce the appointment of Mr. G. Peter Henderson as Student Placement Officer in the new Student Placement Office. This office will be under the combined co-operation of the National Employment Service and Macdonald College.

Mr. Henderson has been in the employment field for the past five years and has recently arrived from the Executive and Professional Division of the National Employment Service in Western Ontario. He is currently taking courses from Sir George Williams Uni-

versity to complete a degree in History and Political Science.

Mr. Henderson, his wife, Lyn, and their four children, will be residing at 259 Ste. Anne Street, near Senneville. We are happy to welcome the Hendersons to the Macdonald community.

NEW STAFF APPOINTMENTS

DR. RICHARD DOUGLAS has been appointed chairman, Department of Agricultural Physics.

A native of Edmonton, Dr. Douglas received his B.Sc. from The University of Alberta in 1941 and his Ph.D. from McGill in 1957. With the Meteorological Service of Canada until 1960, he served as forecaster in Newfoundland and at Dorval. Subsequently, he was seconded to the National Research Council and later to McGill's Stormy Weather Group for research into the physics of severe storms and hailstorms. He joined the McGill Department of Meteorology when it was formed in 1960.

Dr. Douglas was recently named Scientific Director of the Alberta Hail Studies, a program with which he has been associated since its beginning.

Dr. Douglas succeeds Professor W. Rowles who recently retired as chairman but who is continuing to lecture in Physics.

MR. ERIC NORRIS has come to the Macdonald campus as lecturer in Agricultural Engineering. He will teach courses in agricultural machine design and electricity. His special field of interest is the agricultural application of instrumentation and control systems.

Eric is a graduate of Guelph. His post-graduate thesis is a study of the mechanical properties of alfalfa stems, a project which could find application

in designing forage harvesting and handling equipment.

MISS CELIA FERGUSON has been appointed as lecturer in Foods. Miss Ferguson comes to us from the Food and Drug Directorate in Ottawa. Before that, she was dietician with the Bank of Canada in Montreal.

With the Royal Canadian Airforce during the war, Miss Ferguson served as Command Messing Officer for the North West Staging Route between Dawson Creek and Whitehorse, Alaska, and as dietician with #6 Bomber Group in England.

Miss Ferguson, a native of Quebec, is a graduate of Macdonald College.

WINTER CARE OF SHEEP

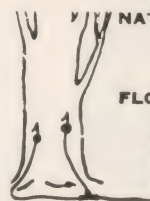
Sheep are the last animals to be put into winter quarters and the first to leave them: hence, they are not kept inside for very long. But no matter how long or short the period of confinement, the shepherd should give his sheep all the feed, care, and attention needed to keep them in good health.

Mr. Etienne Vigeant of the Quebec Department of Agriculture and Colonization describes the chief winter requirements of a healthy, well-kept flock.

For the prevention of constipation and in order to ensure the vigour of the lambs at the time of their birth, exercise is essential for ewes when they are in lamb: they should therefore be allowed to go outside almost every day. Only rarely do ewes which have been confined in a building that is poorly lit or too small for them give birth to strong, thrifty lambs. However, so that sheep will not be exposed to the risk of catching cold, they should be kept inside on cold rainy days in the fall and on damp days in winter.

Ewes in lamb should be given a ration consisting of good legume hay, and they must also have access to a mineral mixture made up of 50 pounds of white bone meal, 10 pounds of ground limestone, and 40 pounds of cobalt-iodized salt. Sheep that are deprived of salt yield less wool and less meat than those that have it. Sheep should also have access to clean, cool water at all times. Lambs should be well fed, starting from the time before they are born: the best way to ensure this is to feed the ewes well — hence the emphasis on the importance of giving them good legume hay. The hay fed to sheep, and especially to ewes, is too often of very poor quality, usually because it has not been cut early enough. The practice of feeding grain every day to ewes, during at least the

last two months of gestation and while they are feeding their lambs, is strongly recommended. Half a pound a day of a mixture of equal parts of oats and bran will normally be enough to keep a ewe in good condition. She should also receive 3 to 5 pounds of roots a day. Silage makes a valuable addition to the diet and may be given at the rate of 3 pounds a day per ewe, providing it is of good quality. About a month before lambing, the feeding of silage should be discontinued so as to prevent the formation of big, soft lambs.



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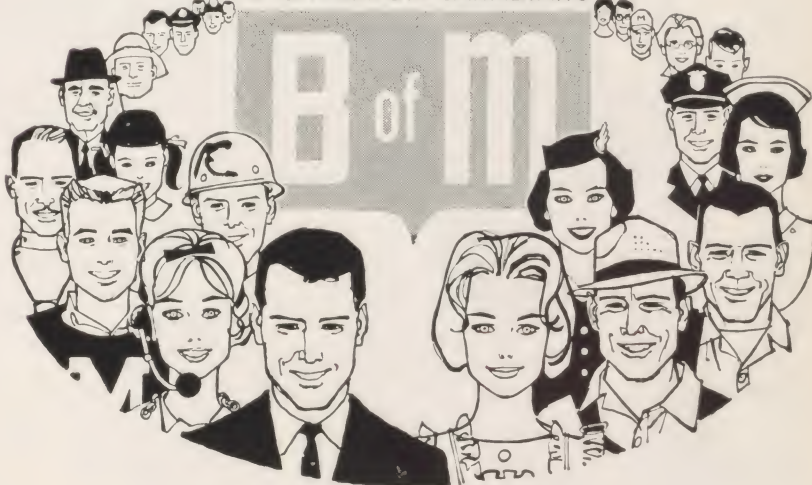
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